In this project, youth learn about their physical, social and/or emotional health. Topics may include safety education, hygiene, physical activity, nutrition, physical growth and development, stress management, bullying prevention, drug and alcohol education, disability awareness and other health topics.

- Learn how to take care of your own physical, intellectual, emotional and social health.

### Starting Out
**Beginner**
- Demonstrate basic safety and first aid skills.
- Identify common poisons and learn how to keep you and your family safe.
- Develop a family safety plan.
- Identify safe places to play in your community.
- Learn how to be safe around livestock, companion animals and wildlife.
- Learn about fire safety.
- Create a strategy for resolving conflict.

### Learning More
**Intermediate**
- Create a personal health and wellness care plan.
- Learn about germs and how they affect your health.
- Learn how to choose food for fuel.
- Discover new ways to add physical activity to your life.
- Explore new foods to keep you healthy.
- Explore environmental health issues that might be in your community.
- Learn about careers in the health field.

### Exploring Depth
**Advanced**
- Learn about sports supplements and their effects.
- Explore how hydration affects the body.
- Learn how to avoid sports injuries.
- Explore what nutrient rich foods are and how they benefit your body.
- Explore careers in the fitness and nutrition fields.
- Investigate community health issues like: bullying, safe driving and disaster management plans.

The activities above are ideas to inspire further project development. This is not a complete list.

---

**4-H THRIVE**

<table>
<thead>
<tr>
<th>Help youth:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Light Their Spark</strong></td>
<td>A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find</td>
</tr>
<tr>
<td><strong>Flex Their Brain</strong></td>
<td>The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to</td>
</tr>
<tr>
<td><strong>Reach Their Goals</strong></td>
<td>Help youth use the GPS system to achieve their goals.</td>
</tr>
<tr>
<td><strong>Goal Selection:</strong></td>
<td>Choose one meaningful, realistic and demanding goal.</td>
</tr>
<tr>
<td><strong>Pursue Strategies:</strong></td>
<td>Create a step-by-step plan to make daily choices that support your goal.</td>
</tr>
<tr>
<td><strong>Shift Gears:</strong></td>
<td>Change strategies if you’re having difficulties</td>
</tr>
<tr>
<td><strong>Reflect</strong></td>
<td>Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve</td>
</tr>
</tbody>
</table>
Expand Your Experiences!

**Healthy Living**

- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Discuss limiting sugar-sweetened beverages at 4-H events, and work with a local nutrition educator to identify healthier options.

**Science, Technology, Engineering, and Mathematics**

- Research the physiology of stress and identify ways to reduce stress in your life.
- Increase awareness of online safety and create policies in your club to protect members against cyber bullying.

**Citizenship**

- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Conduct a playground safety check in your community.

**Leadership**

- Volunteer to be the club health and safety officer.
- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Organize a community health fair that showcases the risks associated with substance abuse.

<table>
<thead>
<tr>
<th><strong>Connections &amp; Events</strong></th>
<th><strong>Curriculum</strong></th>
<th><strong>4-H Record Book</strong></th>
</tr>
</thead>
</table>
| **Presentation Days** – Share what you’ve learned with others through a fitness-related presentation. | • Keeping Fit and Healthy– [www.4-hmall.org](http://www.4-hmall.org)  
• You’re the Athlete– [estore.osu-extension.org](http://estore.osu-extension.org)  
• YOUth in Motion– [4h.unl.edu/](http://4h.unl.edu/)  
• Bicycle Adventures– [www.4hmall.org](http://www.4hmall.org)  
• Jump into Food and Fitness– [msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff](http://msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff) | 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.  
4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals. |
| **Field Days** – At these events, 4-H members may participate in a variety of contests related to their project area. | Contact your county 4-H office to determine additional opportunities | |

**Resources**

- [National Bicycle Safety](http://www.pedibikeinfo.org)
- [GetSweaty](http://www.getsweaty.com)
- [Let’s Move!](http://www.letsmove.gov)
- [American Heart Association](http://www.heart.org)
- [We Can!](http://www.nhlbi.nih.gov/health/educational/wecan/)
- [The President’s Challenge](http://www.presidentschallenge.org)
- [Bam! Body and Mind](http://www.cdc.gov/bam/)
- [CANFIT](http://www.canfit.org)
- [Disney Healthy Living](http://citizenship.disney.com/try-it)
- [SPARK](http://www.sparkpe.org)
- [Playworks](http://www.playworks.org)
- [Safe Routes to School](http://www.saferoutesinfo.org)
- [Get up and Do Something](http://www.getupanddosomething.org)

UC ANR 4-H Youth Development Program (2016) • [http://4h.ucanr.edu](http://4h.ucanr.edu)